

Cultural Notes: The Army of Iraq

To protect us from the enemies of our freedom



Photo by U.S. Army Staff Sgt. Brent Williams

Iraqi Army Soldiers of the 6th Iraqi Division's 5th Brigade practice drill and ceremony prior to a pass and review on the Iraqi Army's Forward Operating Base Honor in Baghdad's International Zone.

Story by D. Saleeh

All the nations have an army to defend their country.

In Iraq, the concept is different, because of the people and the history of Iraq.

More than 80 years ago, the powers who run this country established the Iraqi Army in 1921.

Iraq was run by a king, who was supported by the kingdom of Britain, and he established an Iraqi Army based on concepts seen in the Arabian armies.

Based upon Arabic ideology, the Iraqi Army based its actions on events happening in the Arab homeland. This means that if the country of Egypt was fighting in Palestine, then the Arab armies in the Middle East were fighting Egypt's wars.

As a result, the Iraqi Army fought in Palestine in 1948, and many other crises that did not concern with what the Iraqi Army was created for.

After many revolutions took place in Iraq, the Ba'ath Party took power in Iraq, and that was the worst period in the history of Iraq.

First in 1981, Saddam's regime involved the Iraqi Army in the Eight Year War with Iran without any logical reason.

During the period of 1981-1991, almost all of the revenues of Iraq went to military manufacturing, and afterward,

Saddam decided to invade Kuwait.

Saddam then used the Iraqi Army to oppress the uprisings of the Iraqis in the south and north of Iraq.

So the international community imposed sanctions on Iraq, and the Iraqi Army was neglected by Saddam because he was afraid of the Iraqi army.

After the liberation of Iraq, the people have the chance to have an army that is committed to its people and its country, and not for any one individual.

This army is not just for fighting its enemies, but they are helping the Iraqis on many fronts as they learn to treat the people with respect according to the new concepts of international law.

The day of the falling of Saddam's statue became the day of the freedom of Iraq, because the statue was representative of the dictatorship of the former regime.

So the April 9th is a great day for the Iraqi nation, and it's a good start for the Iraqi people.

It's a good start for a better future for the next generations living free and having an Army protecting the borders from the enemy's of our freedom.



Photo by Spc. Brian J. Anderson

The 5th Brigade, 6th Iraqi Division, drives past residents of Al Amarrhya neighborhood during a cordon and search Sunday.

SAFETY FIRST!

DRIVING TO SURVIVE IN IRAQ

*Safety by Mr. Sean Morrill
Safety Officer
4th Brigade Combat Team
4th Infantry Division*

Driving in Iraq has its own unique challenges and situations that good drivers and Truck or Track Commanders must recognize and adapt to in order to drive and survive while accomplishing their missions.

By using Composite Risk Management, drivers and TCs can identify these hazards, and prepare for many of them ahead of time to ensure the successful completion of their mission and the safety of their troops.

What are some of the unique hazards here in Iraq? To make it easier, try looking at them in terms of tactical and accidental hazards. Use of the familiar Mission, Enemy, Time, Terrain, Troops, and Civilians acronym can help get you organized.

Tactical Hazards: For a list of tactical hazards consider some of the most common that the Enemy has employed. To counter them, get a good intelligence update for the current situation, a route status prior to departure, and know what the most likely threats are that you will face on your mission. Do a good map reconnaissance and look for choke points, overpasses, known hostile areas, and where recent attacks have occurred. Keep abreast of

recent attack techniques that have been used against us and plan ways to counter them.

Use this knowledge while preparing for your Mission to come up with controls that reduce threats in terms of equipment, communications, driving techniques, use of personal and vehicle protective equipment, and how you will employ gunners and other countermeasures during the mission.

Using scenario thinking can also help you develop controls for possible tactical hazards on the mission.

Consider a rehearsal if time permits, or do one in your head when looking at a map. Look at things that would stop the mission or cause it to fail. What are good alternate routes if your main one is blocked?

Think about what to do if you have a breakdown and how to get the essential cargo, information, or personnel through? What are your actions on contact if attacked at a chokepoint? What would you do if you receive indirect fires during an unplanned halt?

Using the 4th Infantry Division OIF Leader Handbook Card 602 can give you ideas, and outlines battle drills for what you might face.

Accidental Hazards: There are many existing and potential accidental hazards here in Iraq. When looking for these hazards

using METT-TC, consider things like the time of day the mission will be accomplished.

Are your crews rested, are your vehicle lights working; are you ensuring all vehicles are using "stop light" during the day when headlights are off, so that brake lights will function? What will the weather be like? Has it rained recently? Or will grease, oil and dust that have built up on the road make things that much more slippery? How will this affect your speeds and spacing? Multi-National Corps Iraq has set maximum speed limits in our area as 55 miles per hour maximum on hard surfaced roads; 35 MPH maximum for inclement weather; and 20 MPH maximum for unimproved roads.

Weather, visibility, traffic and road conditions may make these too fast for when your mission is being conducted. When looking at Terrain, consider the type of roads you are using. Are there canals in the area along rural roads? In these cases, you may want to consider planning to use ground guides if the tactical situation permits on narrow country roads near canals and to have combat locks off in case you need to get out fast. Making sure that drivers are licensed, gunners are qualified on the weapon system and

"crew mix" is right by pairing experienced TCs with newer drivers are some considerations here.

Civilian drivers and pedestrians pose many accidental hazards here in Iraq. Most local national drivers are not formally trained, disregard traffic signs and rules. Driving defensively to maintain the bubble, along with the use of sirens, horns, lights and gunner's Escalation of Force signals are essential in preventing collisions with civilian vehicles. Vehicle crews must maintain Situational Awareness, try to predict civilian vehicle movements and maintain distances from them on a continuous basis during the mission. Drivers must also consider where they are and adjust their driving methods based on location.

To tie all of this together, when you have identified the tactical and accidental hazards you face, and have come up with countermeasures for them, they have to be understood by everyone on the mission. Using a good convoy briefing format, such as the one found on Card 401 and 602 of the OIF Leaders Handbook can ensure your controls are briefed and followed.

Use of these tools and Composite Risk Management will greatly increase your ability to drive and survive in Iraq.

TODAY IN HISTORY

IRAQI FREEDOM DAY, April 9, 2006

To commemorate Iraq's liberation three years ago, when coalition forces removed Saddam Hussein's regime from power, the Iraqi government has declared April 9 "Iraqi Freedom Day," says U.S. Army Major General Rick Lynch, spokesman for Multi-National Force - Iraq.

4TH ID ENTERS IRAQ, April 13, 2003

Advance elements of the U.S. Army's 4th Infantry Division entered southern Iraq in support of Operation Iraqi Freedom. The rest of the Division follows the next day.

TITANIC SINKS, April 15, 1912

At 2:20 a.m. on April 15, 1912, the British ocean liner Titanic sinks into the North Atlantic Ocean about 400 miles south of Newfoundland, Canada.

BENJAMIN FRANKLIN DIES, April 17, 1790

On April 17, 1790, American statesman, printer, scientist, and writer Benjamin Franklin dies in Philadelphia at age 84.

REVERE AND DAWES RIDE, April 18, 1775

In Massachusetts, British troops march out of Boston on a mission to confiscate the Patriot arsenal at Concord and to capture Patriot leaders Samuel Adams and John Hancock. As the British departed, Boston Patriots Paul Revere and William Dawes set out on horseback from the city to warn Adams and Hancock and rouse the Patriot minutemen.

FIRST BLOOD IN THE CIVIL WAR, April 19, 1861

On April 19, 1861, the first blood of the American Civil War is shed when a secessionist mob in Baltimore attacks Massachusetts troops bound for Washington, D.C.

WILLIAM SHAKESPEARE BORN, April 23, 1564

According to tradition, the great English dramatist and poet William Shakespeare is born in Stratford-on-Avon on April 23, 1564.

CHERNOBYL DISASTER, April 26, 1986

On April 26, 1986, the world's worst nuclear power plant accident occurs at the Chernobyl nuclear power station in the Soviet Union.

DACHAU LIBERATED, April 29, 1945

On April 29, 1945, the U.S. Seventh Army's 45th Infantry Division liberates Dachau, the first concentration camp established by Germany's Nazi regime. A major Dachau subcamp was liberated the same day by the 42nd Rainbow Division.

LOCH NESS MONSTER SIGHTED, May 2, 1933

Although accounts of an aquatic beast living in Scotland's Loch Ness date back 1,500 years, the modern legend of the Loch Ness Monster is born when a sighting makes local news on May 2, 1933.

MARGARET THATCHER SWORN IN, May 4, 1979

Margaret Thatcher, leader of the Conservative Party, is sworn in as Britain's first female prime minister.

LUSITANIA SINKS, May 7, 1915

On the afternoon of May 7, 1915, the British ocean liner Lusitania is torpedoed without warning by a German submarine off the south coast of Ireland. Within 20 minutes, the vessel sank into the Celtic Sea. Of 1,959 passengers and crew, 1,198 people were drowned, including 128 Americans.

NELSON MANDELA INAUGURATED, May 10, 1994

In South Africa, Nelson Rolihlahla Mandela is sworn in as the first black president of South Africa.

BERLIN BLOCKADE LIFTED, May 12, 1949

On May 12, 1949, an early crisis of the Cold War comes to an end when the Soviet Union lifts its 11-month blockade against West Berlin.

STATE OF ISRAEL PROCLAIMED, May 14, 1948

On May 14, 1948, in Tel Aviv, Jewish Agency Chairman David Ben-Gurion proclaims the State of Israel, establishing the first Jewish state in 2,000 years.

FIRST ALLIED JET FLIES, May 15, 1941

On May 15, 1941, the jet propelled Gloster-Whittle E 28/39 aircraft flies successfully over Cranwell, England, in the first test of an Allied aircraft using jet propulsion.

Cobra Warriors

phone home...

Story by 1st Lt. Kyle Simon
1st Battalion, 12th Infantry, 4th BCT

The "Warrior" Soldiers of the 1st Battalion, 12th Infantry, 4th Brigade Combat Team, 4th Infantry Division talked to their families face-to-face via satellite using the battalion's Video Teleconferencing system March 26.

The event was an opportunity for morale, giving Soldiers the chance to tell their families all is well in the combat zone.

Sgt. Jonathan Jenkins, computer systems analyst, Headquarters and Headquarters Company, 1st Bn., 12th Inf., setup the equipment in preparation for the event and explained that the VTC system works by broadcasting a signal on a pre-existing satellite network back and forth from Fort Hood, Texas.

Normally, he said, commanders use it for official business, but it is now being used to keep in touch with loved ones back home as well.

The VTC is a lot like a webcam, with the exception of having a much larger, crisper picture. A battalion wanting to use the VTC for conversations with their FRG simply coordinates with the Brigade and Division Jenkins explained.

When the battalion's Company D and E conducted their teleconference, the

leadership of each company spoke briefly to families at home and then passed the remaining time to their Soldiers.

Capt. Avery Stemmons, commander, Co. D, 1st Bn., 12th Inf., explained the format he used in an After Action Review.



Photo by U.S. Army 1st Lt. Kyle Simon

Pfc. Chino Thompkins, Company E, 1st Battalion, 12th Infantry, 4th Brigade Combat Team, speaks with his wife Tiffany and his children using the brigade Video Teleconferencing equipment March 26.

"First sergeant and I opened and answered a couple of quick questions for the first 5 minutes", he said. "Afterward, we gave six of our guys eight minutes apiece to talk to their families.

"The guys had the room to themselves and we had a schedule of the names, so the transition from Soldier to Soldier as well as family to family was smooth and easy," Stemmons said.

Staff Sgt. Samuel Blakes,

engineer, Co. E, said he really enjoyed speaking to his wife and kids back in Texas and looked forward to the evening.

"When they told me about this, I didn't care what was going on, I was going to be here for this," he said.

Blakes was happy that his

Jenkins explained that opportunities like this are evidence that conditions for Soldiers here today are markedly better than previous deployments.

"I was here for OIF I and the Video Teleconferencing is a lot better than just being able to call home, because you actually get to see your family", he said.

The families that attended the event in Texas were also pleased. Deanna Sump, wife of 1st Sergeant Dale Sump, Co. D, said "The families that were here today thought it was really neat."

Stemmons remarked that all the Soldiers and families appreciated the opportunity to talk to their loved ones.

"Overall," he said, "it was a huge success for our Soldiers and their families, especially the kids!"

Because of the resounding success and positive feedback regarding the VTC with families in Fort Hood, 1st Bn., 12th Inf. has scheduled two more VTC sessions this month for its Headquarters and Bravo Companies.

Leaders expect they will have a high turnout of Soldiers looking for the chance to go beyond just talking- but actually seeing their loved ones back home.

children were able to see him. "They're pretty happy. This is the first time they've actually seen me on camera," he explained.

Pfc. Chino Thompkins, also of Co. E, echoed Blakes' remarks and said, "This was better (than a phone call), because I normally don't get to see them when I talk to them."

Thompkins normally speaks to his wife Tiffany and their three children by phone about once per week.

Fitness advice by
Lt. Col. Darron L. Wright
Executive Officer, 4th Brigade Combat Team
Personal Trainer certified by the American Counsel on Exercise



COBRA FITNESS

Stay fit in the combat zone!

TOPIC OF THE MONTH:
Periodization - the
key to muscle
growth and strength
development

The key to muscle development and growth, which in turn leads to increased strength is to practice a weight training concept, or technique called "periodization."

Periodization is not a new concept but has long been a technique practiced by all body builders and your average weight lifter to see gains in muscle growth and increased strength.

It is nothing more than changing up your weightlifting regime every two to three weeks.

For instance, if every Monday you workout chest by using the flat bench, and the incline press using free weights, then your body develops a pattern which your major muscle groups such as your pectorals learn as this becomes muscle memory and over time you will see minimal gains either in strength or appearance.

Your muscles needs to be shocked from time to time in order to increase growth both in mass and strength. Using periodization technique, you should change from free

Periodization Workout Schedule

MON	CHEST/TRICEPS	2 TO 3 WEEKS	BICEPS/CHEST
TUE	ABS/CARDIO	change-up	ABS/CARDIO
WED	BACK	shocks	BACK/TRICEPS
THUR	SHLDR/BICEPS	major muscles	LEGS/ABS
FRI	ABS/CARDIO		CARDIO/SHLDR



Photo by U.S. Army Staff Pfc. Jason Dangel

Warrant Officer Marlene Pearce, supply, 4th Brigade Combat Team, performs the squat exercise during a workout at Forward Operating Base Prosperity. Staff Sgt. Michael Jordan provides the spot.

weights to dumbbells as a whole new chest workout such as the decline press with dumbbells or cable fly curls.

By applying this technique you will see more increase in muscle growth, and your strength will increase. This technique applies to your whole training regime, or split.

Every two to three weeks,

change up your exercises in the gym. See the chart for an example.

The key is to keep your muscles guessing--just like we do in operations throughout our battle space. Whereby, we avoid setting patterns so the enemy can target us; the same applies to your weight lifting training.

Don't develop patterns.

Shock your muscles and the goal's you will achieve sooner and see immediate results and gains.

The final key to muscle growth and increased strength is to eat healthy.

It's best to eat five small meals throughout the day versus your standard three large meals. If you do eat three heavy meals in the dining facility, make an adjustment. Eat less and add two additional meals to your diet.

These meals can be protein shakes or meal replacement bars.

By eating five small meals a day your body is constantly working to digest your food which leads to increase metabolism and aids in weight loss or cutting fat in order to build the beach physique you have always wanted.

COBRA'S LIGHT

By Chaplain (Capt.) Will Horton
4th Brigade Combat Team Chaplain
4th Infantry Division

Easter showers bring refreshing powers.

Easter is a time to reflect on the power of God and our faith to act on it. A story is told about a high school class whose teacher challenged Christians and their faith. "The Easter story is nothing but a myth," Jimmy's teacher announced a few days before Easter break. "Jesus not only didn't rise from the grave," he continued, "but there's no God in heaven who would allow his son to be crucified in the first place."

"Sir, I believe in God," Jimmy protested. "And I believe in the resurrection!"

"Jimmy, you can believe what you wish to, of course," the teacher replied. "However, the real world excludes the possibility of miraculous events such as the resurrection. The resurrection is a scientific impossibility. No one who believes in miracles can also respect science."

"God isn't limited by science," Jimmy responded. "He created science!"

Engaged by Jimmy's outspoken faith, the teacher proposed a scientific experiment. Reaching into his refrigerator, he produced a raw egg and held it up. "I'm going to drop this egg on the floor," he stated. "Gravity will pull it toward the floor with such force that the egg will certainly break." Fixing Jimmy with a look of challenge, he concluded his proposal. "Now Jimmy, I want you to pray a prayer right now and ask your God to keep this egg from breaking when it hits the floor. If he can do that, then you'll have proven your point, and I'll have to admit that there's a God."

After pondering the challenge for a moment, Jimmy slowly stood to pray. "Dear Heavenly Father," he began. "I pray that when my teacher drops the egg...it will break into a hundred pieces! And also, Lord, I pray that when the egg does break, my teacher will have a heart attack and die! Amen."

After a unison gasp, the stunned class sat in silent expectation. For a moment the teacher did nothing. At last he looked at Jimmy and then the egg. Without a word he carefully put the egg back into the refrigerator.

"Class dismissed," the teacher said sitting down at his desk.

Easter reminds us that it is not the egg or the Easter bunny that matters but the faith. When Jesus arose from the dead, it wasn't about his scientific transition from death to life. It was about his power over death. Christ died that we might have life, an eternal life.

Out on convoys, walking a foot patrol, teaching or mentoring the Iraqi military and para-military units, remember that the power of Christ's resurrection can lift you above any hardship or difficulty that threatens who you are.

Our spiritual fitness is developed in the challenges of our faith. Faith is believing in God's existence and living a life that reflects that belief. Whatever your faith background, make sure you are grounded in the Almighty God who created science and the opportunity for your faith to be tested and exposed. The teacher apparently had more faith than he thought he did. Jimmy knew that God would not strike him dead, but Jimmy also knew that his teacher would not bet his life on it.

Keep the FAITH!

PROSPERITY PALACE CHAPEL WORSHIP SCHEDULE

SUNDAY:

0930 Hours - Catholic Mass
1100 Hours - General Protestant
Contemporary
1330 Hours - General Protestant
Liturgical
1600 Hours - LDS
1830 Hours - General Protestant
Gospel

MONDAY:

1900 Hours - Bible Study (Purpose
Driven Life)

TUESDAY:

1900 Hours Gospel Bible
Study/Worship Rehearsal

WEDNESDAY:

1930 Hours Bible Study (Dust to
Glory) at 3rd fl Palace

THURSDAY:

1930 Hours Officer's Christian
Fellowship

FRIDAY:

1900 Hours Full Study (Faith)
1300 First Friday of the Month
Jewish Service

SATURDAY:

1830 Contemporary Worship
Rehearsal
1930 Gospel Worship Rehearsal

Perform First Aid for Heat Injuries

1. Identify the type of heat injury.

a. Heat cramps symptoms.

- (1) Muscle cramps of the arms, legs, or abdomen.
- (2) Excessive sweating.
- (3) Thirst.

b. Heat exhaustion symptoms.

- (1) Profuse sweating with pale, moist, cool skin.
- (2) Headache.
- (3) Weakness.
- (4) Dizziness.
- (5) Loss of appetite.
- (6) Heat cramps.
- (7) Nausea, with or without vomiting.
- (8) Urge to defecate.
- (9) Chills (goose flesh).
- (10) Rapid breathing.
- (11) Tingling of the hands and/or feet.
- (12) Confusion.

c. Heatstroke symptoms.

- (1) Flushed, hot, dry skin.
- (2) Headache.
- (3) Dizziness.
- (4) Nausea.
- (5) Confusion.
- (6) Weakness.
- (7) Loss of consciousness.
- (8) Seizures.
- (9) Weak and rapid pulse and breathing.

2. Provide the proper first aid for the heat injury.

a. Heat cramps. b. Heat exhaustion. c. Heat stroke

(a b c) Move the casualty to a cool or shady area or improvise shade.

(a b c) Loosen the casualty's clothing unless in a chemical environment.

(a b c) If conscious, have the casualty slowly drink at least one canteen of cool water.

(a) Seek medical aid if the cramps continue.

(a b c) Pour water on the casualty and fan unless in a chemical environment.

(b c) Elevate the casualty's legs.

(b c) Monitor the casualty until the symptoms are gone or medical aid arrives.

(c) Massage the casualty's arms and legs unless in a chemical environment.

(c) Seek medical assistance.